

# HILL & DALE 8 MILES

Saturday, January 7, 2012

Part of 33rd Annual Tennessee State Park Running Tour

MEEMAN-SHELBY FOREST STATE PARK, Millington TN

Park Phone: 901-876-5215

[www.tnstateparks.com/MeemanShelby](http://www.tnstateparks.com/MeemanShelby)

**Directions:** Take I-40/I-240 North Loop to Exit 3, North Watkins and continue on Watkins approx. 12 miles crossing Hwy. 51 and the Loosahatchie River to the dead-end at Locke Rd. Turn left on Locke and go straight at the 4-way stop at the General Store (Locke becomes Benjestown Rd.) for approx. 2 miles and turn right on Grassy Lake across from the athletic fields. Go 1 mile passing the camping area and swimming pool to the lodge on your left.

**Start and Finish:** Starts on Grassy Lake Rd at Silent Brook Rd at 11:00 am CT.

**Course:** goes south for 1 mile to a turnaround on the levee and back, then turns left onto a bike trail for 2 miles. It connects with Piersol Rd for 1 mile to a second turnaround at Piersol Lake picnic area. Same way back to the start (3 Miles). Every mile is marked.

**Link to interactive map**

<http://www.runningahead.com/maps/7eba2d1b6b3148d99ac9d7e1b0e746bc>

**Long Sleeve T-shirt:** guaranteed to all pre-registered runners.

**Awards:** Special awards to top 3 male and female overall, masters (40+), grand masters (50+) and senior masters (60+). Five-year age groups with top 3 awards in each category from 15 to 80+. Award ceremony at the shelter with post race party with gumbo and treats.

**Register Online** at:

[http://www.racesonline.com/index.cfm?fuseaction=public.race\\_detail&race\\_id=6093](http://www.racesonline.com/index.cfm?fuseaction=public.race_detail&race_id=6093)

**Pre-registration Deadline:** December 31, 2011. Race day registration from 10:00 to 11:00 a.m.

**Race Director:** Andrew Forsdick, Memphis Runners. [andrew@addisoncapitaladvisors.com](mailto:andrew@addisoncapitaladvisors.com)  
Phone 901-842-5555.

**Entry Fee:** \$ 19.00 payable to MRTC  
or \$ 6.00 without shirt.

Late fee without T-shirt \$ 13.00. Race day with shirt \$ 30.00

Mail registration to: **Hill and Dale, MRTC**  
**P. O. Box 17981**  
**Memphis, TN 38187**